



Take Responsibility for What You Eat

Farmers' Markets

From a small grassroots beginning over 40 years ago, farmers' markets have returned to over 5,000 communities nationwide. Local farmers are more likely to practice sustainable farming, raise meat and dairy animals on pasture, grow a wide variety of heirloom fruits and vegetables, reintroduce heritage breeds of animals, and promote the practice of eating seasonally and locally.

Local farmers work where they live and are more likely to care for the water, soil, and air that comprise the natural ecosystems that we all depend on. By supporting your local farmers' market, you also support farmers and producers who are part of a network of sustainable farms that cultivate—and protect—an agricultural landscape that stretches across the country. Find a farmers' market near you at www.localharvest.org or www.freshfarmmarkets.org.

Community Supported Agriculture

Another way to provide locally grown produce for your family is to join a community supported agriculture (CSA) program, in which an individual family buys shares in the production of a local farmer. Local CSA's can provide fruits, vegetables, eggs, milk, meat, and poultry, depending on the farmers near you. To learn more and find a local CSA, go to www.localharvest.org/csa/



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